

PALARONG PAMBANSA
GYMNASTICS
GROUND RULES

1. Only 1 coach, or 1 trainer per team and meet officials are allowed in the competition area. Team Managers, parents and other members of the delegation should stay in the spectators' area.
2. Verification of scores can be done right after the score of the gymnast has been announced and should be done in writing signed by the coach. Only the start value or scores of Jury D can be verified.
3. Verification of scores with comparison to scores of other gymnast shall not be entertained.
4. Only the coach and the judges concerned plus the Tournament Manager are allowed to discuss score verifications. Non-members of the coaching staff are not allowed to join the discussion.
5. No gymnast from Rhythmic Gymnastics and Women's Artistic Gymnastics can compete in both disciplines.
6. Any coach who acts in an unsportsmanlike behavior will be issued a yellow card and if he/she continues to act still in the same manner a red card will be given and will be asked to leave the competition venue.
7. All winning gymnast should attend the awarding ceremonies in their proper regional uniform. Any gymnast who fails to attend the awarding ceremonies, his / her result shall be nullified and the next in rank shall be awarded the medal.

TECHNICAL RULES
Competition Proper

There will be three competitions for each discipline as follows; Competition I – Team Championship; Competition II – Individual All Around; Competition III – Individual Event Finals.

Winners for each competition shall be determined by the total points earned for each event/apparatus scores obtained.

Team Championship

The team with the highest total scores obtained by the gymnast on each apparatus (2 for MAG ,3 for WAG, 4 for RG) shall be declared the winner.

In case of ties there will be no breaking of ties but the next rank shall no longer be awarded;

Ex. 1. Tie for 1st place; no second, third place to be awarded

2. Tie for 2nd place; no third place next rank is fourth.

Individual All Around

All team members shall be ranked. The Gymnast with the highest total score on all the events, apparatus he/she has participated on shall be declared the champion.

If in any case a region will get the first three places in the championship then they will be awarded with the gold, silver and bronze.

In case of ties in the first three places, it shall be broken using the FIG Technical Regulations,

Individual Event Finals

There shall be only 8 finalists per event with a maximum of 2 gymnast from each team, plus 2 alternates. In case any one of the eight finalist is not able to participate, the next in rank shall take his/her place.

In case of ties for the eight place, the gymnast with the highest all around score shall qualify first, if still there is a tie then Reg 5.1.5 to 5.1.7 of the Technical Rule of the FIG shall apply. In the event of further equality of scores, all the gymnast concerned are qualified for the finals.

Substitution for gymnast should be done 24 hrs before the competition for the individual event finals and all around championship provided that the gymnast substituting must have higher score than the number 8 qualifier.

The gymnast who gets the highest score wins the event. In case of ties the FIG Rule in breaking of tie shall be applied.

- Order of performances shall be determined by drawing of lots during the Solidarity Meeting, any coach who fails to attend the said meeting, then their team forfeits their right for the draw and the Tournament Manager shall draw for the absent team / coach.

**PALARONG PAMBANSA' 10
COMPETITION RULES
MEN'S ARTISTIC GYMNASTICS
ELEMENTARY – SECONDARY**

I. Exercise Evaluation:

D – Jury:

1. Difficulty = open scoring
2. Special Requirements = 0.50 each requirement
3. Connection Points:

Elementary and Secondary:

1. All connections between saltos that include C or more value. = .10

Ex. 1. A+C; B+C; C+A ; C+ B; C+C

2. B+B+C = .10 ; A+C+B = .20 ; C+C+B = .20

2. All connections between saltos that include a D or more value = .20 pts

Ex. 1: A + D ; D + A; B + D; B + D; D + C ;C+ D

Ex. 2 : A+D+C = .40 ; C+D+C = .40

3. If both saltos are D and over = .30 pts

Ex. 1 : D + D ; D + E ; E+ D ; D+ F ; F + D;

Ex. 2 : D+D+C = .50 ; D+D+D = .60

II: Value Parts	A	B	C	D	E	F	G
Value	.10	.20	.30	.40	.50	.60	.70

III. Special Requirements; (Floor Exercise – Elem. & Secondary)

1. Non acrobatic element.
2. Acrobatic element forward.
3. Acrobatic element backward.
4. Acrobatic element sideways; backward jumps with ¼ turn to forward salto; and Forward jump with ½ turn to salto backward.
5. Dismount;

<u>ELEM</u>		<u>SEC</u>	
* A Value	= .00	A & B Value	= 0.00
* B Value	= .30	C Value	= 0.30
* C Value	= .50	D Value	= 0.50

IV. Exercise Presentation

1. No element may be repeated for difficulty credit or for connection points.

2. No repetition of elements is permitted to contribute to the "D" score.
3. If the difficulty of an element is not recognized, then the element can not also meet an element group requirement.

D-Jury Evaluation: Secondary; (DIFFICULTY)

Addition of difficulty value of 10 elements , the best 9 but maximum of 4 elements for the same group elements, in chronological order inside the best counting plus the value of the dismount. In floor exercise the value of the dismount count first.

EX. 1

1	3	1	2	3	3	3	3	4	4	5
A	B	B	B	B	B	B	C	C	C	D
.10	.	.20	.20	.20	.20	.20	.30	.30	.30	.40

Difficulty = 2.40 (10 elements)

Ex. 2

3	3	1	2	2	2	3	3	3	3	4	5
B	B	B	B	B	B	B	D	D	D	D	D
.20	.	.20	.20	.20	.20	.	.40	.40	.40	.40	.40

Difficulty = 3.00 (10 elements)

Elementary:

Addition of difficulty value of the best 8 elements , the best 7 but maximum of 4 elements For the same group elements, in chronological order inside the best counting plus the value of the dismount which counts first.

Ex.	1	3	1	2	3	3	3	3	3	5
	A	B	B	B	A	B	C	C	C	C
	.10	.	.20	.20	.	.20	.30	.30	.30	.30

Difficulty = 1.90 (8 elements)

E-JURY EVALUATION; (EXECUTION)

Exercise Presentation maximum of 10 points.

For short exercises :

7 or more elements	= 10 pts
6 elements	= 6 pts
5 elements	= 5 pts
1 to 4 elements	= 2 pts
No elements	= 0

Deductions;

Small error	= .10 pts
Medium error	= .30 pts
Large error	= .50 pts
Fall	= 1.00 pts

HORSE VAULT:

Elementary

- A. Height of vault: 1.25 meters minimum; 1.35 meters maximum. (Elem)
- B. Position of vault: if a gymnast will perform in the **long position**, bonus of 0.30 shall be given to the starting value of the vault performed. (Elem .)

Secondary:

- A. Height of vault: 1.30 meters minimum; 1.35 meters maximum. (Sec)
- B. The vault shall be in the long position.(Sec.)
- C. Deduction of .50 shall be given to the start value of the vault performed if done in the **cross position** (Sec.)
- D. Start Value of vaults is based on the 2009 Code of Points. (Elem and Second.)

VAULT VALUES: (Elem. & Secondary)

a. Handspring and Round – off	3.00
b. Handspring with Group III	
1. ½ twist	3.40
2. 1/1 twist	3.80
3. 1 ½ twist	4.20
4. 2/1 twist	4.60
c. Handspring with:	
1. Front salto tuck	3.80
2. Front salto pike	4.20
3. Front salto stretch	5.00
d. Round – off with 3/4 turn	3.40
1. Back salto tuck	3.80
2. Back salto pike	4.00
3. Back salto stretch	4.60
e. Kasamatsu tuck	4.60
Kasamatsu tuck w/ ½ t	5.00

All deductions shall be based on the 2009 FIG Code of Points.

Roberto F. Tejada

**Technical Guidelines
Women's Artistic Gymnastics (WAG)**

Code: 2009 Code of Points (Modified). All routines are optional.

Events: Horse Vault, Balance Beam and Floor Exercise

Competitions: Competition I – Team Championship

Competition II – Individual All Around

Competition III – Individual Apparatus Final

Team Composition: 3 Gymnasts / Team

Gymnast Attire:

- She must wear a correct sportive non transparent leotard which may be of an elegant design.
 - ❖ Leotards may be long sleeves, $\frac{3}{4}$ sleeves, short sleeves or sleeveless with at least 2 inches width of the strap on the shoulder
 - ❖ The leg cut of the leotard may not extend beyond the hip bone
 - ❖ Unitard (from the waist up to the ankle must have the same color)
 - ❖ Leotard must be identical for members on Team Championship or Competition I
- No jewelry (bracelets or necklaces, friendly bracelet, earrings etc.)
- Hip or hip padding is not allowed
- Bandages are allowed (skin tone color)

HORSE VAULT

Classified into the following Groups:

Group I – Vault without salto (handspring, Yamashita, Round-off) with or without LA turn in 1st and 2nd flight phase

Group II – Handspring forward with or without 1/1 turn (360°) in 1st flight phase – salto forward with or without LA in 2nd flight phase

Group III – Handspring with $\frac{1}{4}$ - $\frac{1}{2}$ turn (90-180°) in 1st flight phase (Tsukahara) salto backward with or without LA turn in 2nd flight phase

Group IV – Round-off (Yurchenko) with or without 1/1 LA turn (360°) in 1st flight phase – salto backward with or without LA turn in 2nd flight phase

Requirements:

- The intended vault number to be flashed (manually) before the vault is performed for the Team Championship.
 - Comp. I - Team Championship and Comp. II – Individual All Around
 - ❖ one vault must be performed. The one vault score counts.
 - Comp. III - Apparatus Finals – the gymnast must perform two (2) vaults which will be averaged for the final score.
 - ❖ The two (2) vaults must have different repulsion phase

Note: The vault may be the same group but must show different repulsion phase or 2nd flight phase

Height of Vault Table - Elementary – 1.20 m. Secondary – 1.25 m.

BALANCE BEAM

The Evaluation of the exercise begins with the take-off from the board or on the mat

Time: May not exceed one minute and thirty seconds (1:30 sec. or 90 seconds)

Content and Construction of the Exercise

The difficulty value should represent a variety of the categories of movement

- Acrobatic elements with or without hand support and flight phase
- Dance elements – leaps, jumps and hops, turns, body waves, holds (in stand, sit and lying position)

Composition Requirements (CR)

1. One connection of at least two (2) different dance elements, one being a leap with 180° split position.
2. Turn on one (1) foot or 360° turn (minimum)
3. One acrobatic series, minimum of two (2) elements directly connected one without flight and one with flight
4. Acrobatic elements in different directions (forward/ sideward and backward)
5. Dismount
 - ❖ "A" Dismount – 0.10
 - ❖ "B" Dismount – 0.20
 - ❖ "C" Dismount – 0.30

Connection Value (CV)

Acrobatics	0.10	0.20
Two (2) acrobatic elements directly connected with flight including the dismount	A + B or B + A (for dismount only)	B + B *B + C or more
Two (2) acrobatic elements directly connected one without flight & one with flight	*A + B	*A + C, B + B *B + C or more
Three (3) acrobatic elements directly connected with or without flight including the dismount	A + A + A *A + A + B	*A + B + B B + B + B B + B + C or more
Dance		
Two (2) different dance leaps / jumps	A + B	A + C, B + B B + C or more
Mixed		
Acrobatic/ Dance or reverse	B + A	A + C, B + B *B + C or more

Note: * the connection must follow in this order

FLOOR EXERCISE

The evaluation of the exercise begins with the first movement of the gymnast and ends with the last movement.

Time: May not exceed one minute and thirty seconds (1:30 sec. or 90 seconds)

Music: Can be piano or other instruments or musical accompaniment with orchestration without voice/lyrics or humming.

Content and Construction of the Exercise

- Acrobatic elements rolls, handstands, with or without hand support and flight phase and saltos
- Dance elements – leaps, jumps and hops, turns

Composition Requirements (CR)

1. A dance passage of at least two (2) different leaps one with 180° split position or hops/jumps connected directly or indirectly (with running steps, small leaps, hops chasse or chaine turns)
2. One acrobatic series with two (2) different salto
3. Acrobatic elements with flight in different directions (forward/ sideward and backward) in the entire routine.
4. Salto with LA turns (minimum of 180° turn) or Salto with BA turn (minimum of 180° turn)
5. Dismount: must be an acrobatic series with salto or connection with salto
 - ❖ " A " Dismount – 0.10
 - ❖ " B " Dismount – 0.20
 - ❖ " C " Dismount – 0.30

Connection Value (CV)

Direct Connections	0.10	0.20
Two(2) different acrobatic elements with different salto (ex. salto and salto)	A + A *A + B	*A + C / B + B B + C or more
Indirect Connections		
Three(3) different acrobatic elements with flight and salto	A + A + A *A + A + B	*A + B + B / B + B + B B + B + C or more
Dance		
Two(2) different dance leaps / jumps	A + B	A + C / B + B *B + C or more
Three (3) different dance leaps / jumps	A + B + B *A + B + C	B + B + B B + B + C or more
Mixed		
Acrobatic/ Dance or reverse	B + A	A + C / B + B / *B + C or more

Note: * the connection must follow in this order

Prepared by:

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WAG – Tournament Manager